




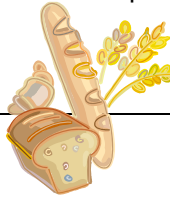




April
2007

To A Healthier You

| Sunday ¹ | Monday ² | Tuesday ³ | Wednesday ⁴ | Thursday ⁵ | Friday ⁶ | Saturday ⁷ |
|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| Fruits & Veggies: More Matters  | Eat fruit & veggies at every eating occasion! | Eat whole fruits most often – they're higher in fiber than fruit juices. | Avoid food portions larger than your fist. | Buy 100% fruit juices over soda & sugary drinks.  | Make a pot of vegetable soup. | Try cleaning out the old food and restocking your fridge with lots of fresh fruits & veggies. |
| ⁸ Balance the calories you eat with those you burn. A sedentary person requires fewer calories than a very active person. | ⁹ For snack time eat a cup of blueberries.  | ¹⁰ Designate indoor and outdoor play areas where rolling, climbing, jumping, and tumbling are allowed. | ¹¹ Include calcium-fortified foods such as fortified cereals, juices and soy products. | ¹² Drink or eat at least 3 low-fat dairy foods a day. | ¹³ Enjoy a handful of seeds & nuts; they're rich in nutrients and heart-healthy fats.  | ¹⁴ Have kids choose a new fruit each month. |
| ¹⁵ Make up a batch of brownies with applesauce instead of oil or shortening. | ¹⁶ Out of sight, out of mind? Not if you place a bowl of fresh fruit on your counter.  | ¹⁷ Drink up – along with eating fruits, veggies and other water-filled foods, you need to drink about six to eight cups of water every day. | ¹⁸ Use physical activity rather than food as a reward (e.g., family goes in-line skating). | ¹⁹ Eat before grocery shopping. | ²⁰ Start a program where a fresh fruit basket is ready available—For Sale at work. | ²¹ Spring into Health & Walk 2X daily 10 minutes each |
| ¹⁸ Flavor foods with herbs, spices, and other low fat seasonings. | ¹⁹ Remove skin from poultry before cooking to lower fat content. | ²⁰ Try brown rice or whole-wheat pasta.  | ²¹ Fruit with peels (bananas) are tasty, grab-and-go picks. | ²² This is "As Young as You Feel Day."  | ²³ Devote a portion of your lunch break to physical activity (e.g., walking). | ²⁴ Honor the kid in you! Dunk your graham crackers or vanilla wafers in low-fat or fat-free milk. |
| ²⁹ If main dishes are too big, choose an appetizer or a side instead. | ³⁹ Park further away and walk in.  | | | | | |